

Talk to Your Teens

What Can You Do?

Talk with your teen about the dangers of drug and alcohol use

- ◆ Both drugs and alcohol can have negative effects on brain function, coordination, judgment and behavior. Check out www.drugfree.org for more facts.
- ◆ Be concerned without being judgmental
- ◆ Stay active in your teen's life without appearing to intrude
- ◆ Reiterate your support for them regardless of what issues arise

Talk to your teen about their plans

- ◆ Who, what when, where, and how long
- ◆ Parent/adult supervision & contact information

Check their favorite online websites frequently

- ◆ Instagram, Snapchat, YouTube, Twitter, Facebook, etc.

Other things you can do:

- ◆ Listen to your teen
- ◆ Get to know their friends and their friends parents
- ◆ Reward positive behavior and honesty

**MOST
TEENS DON'T**